

Trumbull Recreation Department

Fall/Winter 2010-2011 Programs

Nick Bragano Roger McGovern Marie Petitti Nancy Walsh Dennis White – Chairman Gail Bokine – Secretary Mary Markham - Director Hours: 9am – 5pm Mon - Fri Judge Aram Tellalian Building Town Hall Annex 5892 Main Street (203) 452-5060

www.trumbull-ct.gov

ALL PROGRAMS ARE RESTRICTED TO TRUMBULL RESIDENTS.

All information is subject to change. No participant shall be excluded due to the inability to pay. Dates and times are subject to change. NO REFUNDS will be given. Listen to WICC for cancellations due to inclement weather. Cancellation Line 452-5169. For further information, contact the Recreation Department at 452-5060.

Fee Schedule:

Pay full price for 1st person and ½ price for any additional participants in the same program.

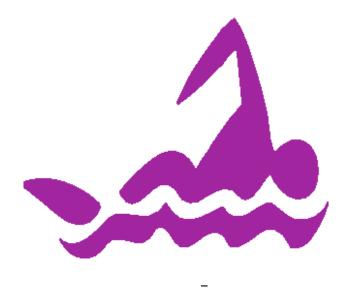
Also, an additional \$5.00/per transaction for Credit Card charges.

PLEASE JOIN OUR MAILING LIST AT:

www.trumbull-ct.gov

Go to bottom left on main page and click on Join Mailing Lists Enter your e-mail address and/or cell phone number And follow the directions for texting.

> Check Recreation Notifications and/or Athletic Fields Click on Join and enter.



A1 - Adult Water Training Program

Limit: 40 people

FEE: \$35/session. NO REFUNDS.

Adult Water Training is being offered at the Hillcrest Middle School pool on Daniels Farm Road for all Trumbull residents 18 years and older with proof of residency. There will be two ten-week sessions in September and January. Registration begins Tuesday, September 7th. The days and times for Adult Water Aerobics are as follows:

Monday & Wednesday mornings - 9:45 a.m. - 10:45 a.m. beginning September 20th .

Monday & Wednesday evenings - 7:00 p.m. - 8:00 p.m. beginning September 20th .

Please remember to bring two empty gallon jugs secured with lids to each class.



BABYSITTING

B1- American Red Cross Babysitters Training Course

Limit: 6 people minimum/12 maximum.

FEE: \$60/session. NO REFUNDS. No Discounts.

There will be two, two-day sessions offered to Boys' and Girls' ages 11 – 15 in the Community Room located in the Trumbull Library on 33 Quality Street. Registration begins September 7th at the Recreation Department.

The days and times are as follows:

Session 1: Tuesday, November 9th and Wednesday, November 10th, 3:30 p.m. – 6:30 p.m.

Session 2: Tuesday, March 8th and Wednesday, March 9th, 3:30 p.m. – 6:30 p.m.

BADMINTON



Co-ed Badminton

Co-ed Badminton is being offered for Trumbull residents 15 years and older. Co-ed Badminton meets Friday evenings from 7:00 p.m. - 9:00 p.m. at the Middlebrook Elementary School Gym and will begin October 15^{th} .



BASKETBALL

C1 - Youth Basketball Leagues

FEE: \$35 plus (*see shirt prices below). No Refunds.

*Boys Shirts - Grades K - 6 = \$12.00

Grades **7 - 12 = \$20.00

**(IF YOU HAVE A TANK SHIRT FROM LAST YEAR YOU HAVE THE OPTION OF USING IT THIS YEAR).

*Girls Shirts - Grades K - 6 = \$12.00

Grades **7 - 12 = \$20.00

**(IF YOU HAVE A TANK SHIRT FROM LAST YEAR YOU HAVE THE OPTION OF USING IT THIS YEAR).

The department is offering a basketball league starting in late November/ December for boys and girls. The leagues will be set up as follows:

Boys' Kindergarten and 1st Grade

Boys' 2nd Grade

Boys' 3rd Grade

Boys' 4th Grade

Boys' 5th and 6th Grade

Boys' 7th -9th Grade

Boys' 10th - 12th Grade

Girls' Kindergarten and 1st Grade

Girls' 2nd & 3rd Grade

Girls' 4th Grade

Girls' 5th and 6th Grade

Girls' 7th – 12th Grade

Please note: Volunteer Coaches are Needed! Registration begins

September 7^{th} and $\underline{\textbf{closes}}$ October 22^{nd} .

Adult Open Rec. Basketball

Adult Open Rec. Basketball is offered for all Trumbull adults with proof of residency.

18 years and older: Hillcrest Middle School Gym - Friday evenings

from 7:00 p.m. – 9:00 p.m. beginning October 15th.

30 years and older: Booth Hill Elementary School Gym –

Thursday evenings from 7 p.m. - 10 p.m. beginning October 14th.

Men's 40+ Over the Hill: Jane Ryan Elementary School Gym -

Tuesday and Friday evenings 7 p.m. – 9 p.m. beginning September 14th.

Open Rec. Basketball

Open Rec. basketball is offered for all Trumbull residents with proof of residency. The days, times and locations are as follows:

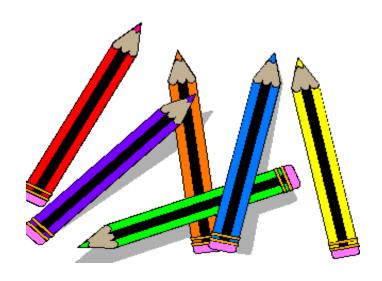
Booth Hill: Tuesday evenings – 7:00 p.m. – 9:00 p.m. beginning October 12th .

<u>Hillcrest:</u> Saturday afternoons – 12 noon – 3:30 p.m. beginning October 16^{th} . Sunday afternoons – 12 noon – 3:30 p.m. beginning October 17^{th} ._

<u>Madison:</u> Sunday afternoons – 12:00 noon – 3:30 p.m. beginning October 17^{th} .

<u>Tashua:</u> Monday evenings – 7:00 p.m. – 9:00 p.m. beginning October 18th .

Saturday afternoons 12:00 noon – 3:30 p.m. beginning October 16th.



D1 – <u>Children's Autumn Art For Threes/Fours</u> Limit: 10 children.

FEE: \$35. NO REFUNDS.

An adult/child class is being offered for three year olds. The class will run for 6 weeks on Thursday mornings.

Birth Certificates are required at the time of registration.

Day: Thursdays

When: October 7^{th} , 21^{st} , 28^{th} , November 4^{th} , 11^{th} , 18^{th} , December 9^{th}

and 16th

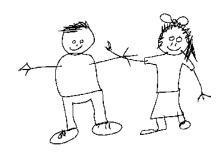
Where: Teen Center – 2nd Floor located at Indian Ledge Park

Times: 10:00 a.m. – 10:45 a.m. 11:00 a.m. – 11:45 a.m.

<u>About the Class</u>: Kristen Mary, a Certified Teacher, will facilitate the group. Adult/child participation. The activities will include: greeting circle, parachute play snack/socialize and adult/child art time.

*Crackers or pretzels will be provided while caregivers and children meet and socialize. **Parents are required to bring a spill-proof cup with drink for their own child.

*The dress is comfortable and casual. Sneakers are recommended for children. Parental participation is required throughout the class.



D2 - Children's Autumn Sing-a-long

Limit: 15 children.

Fee: \$35. No Refunds.

A parent and child musical class is being offered for children, ages one through three. The class will run for eight weeks. The days and times are as follows:

When: Mondays - October 4th, 18th, 25th, November 1st, 8th, 15th,

December 6th and 13th

Where: Teen Center – 2nd floor located at Indian Ledge Park

Time: 10:00 a.m. – 10:45 a.m.

11:00 a.m. - 11:45 a.m.

<u>OR</u>

When: Wednesdays - October 6th , 20th , 27th , November 3rd , 10th ,

17th, December 8th and 15th

Where: Teen Center – 2nd floor located at Indian Ledge Park

Time: 10:00 a.m. - 10:45 a.m.

11:00 a.m. - 11:45 a.m.

Birth certificates are required at the time of registration. Enrollment for this class will be limited to 15 children.

The musical activities will include: nursery rhymes, singing, freeze dance, finger play, lap songs, marching, and parachute play. Halfway through the class, crackers or cookies will be provided, while the parents meet and socialize (parents are required to bring in a spill-proof cup for their own child).

The instructor is Kristen Mary, a certified teacher and mother of two. Join the group with your child and model language through social

time, songs, and musical activities. Parental participation required. Dress comfortably. Sneakers are recommended for children.



BODYSCULPTING/CARDIO PROGRAM

E1 - Bodysculpting/Cardio Program

Limit: 15 people.

E1 - FEE: \$50/8 week session

No Refunds. No Discounts. cash____ check___ credit___

Make checks payable to the Trumbull Recreation Department.

Vicky Scarnuley Grasso a Certified Personal Trainer will be offering an eight-week Body Sculpting/Cardio Program to Trumbull residents ages 18 and up located at the Teen Center – 2nd Floor. There will be a maximum of 15 people.

The exercise program consists of body sculpting/cardio kick. Enjoy a mix of cardiovascular moves with a targeted full body workout using weights, bands and exercise balls. Burn fat and calories, get toned and have fun!

The hours are as follows:

Tuesday mornings, 10:00 – 11:00 a.m. beginning **September 21, 2010**. Please bring your own hand weights 3LBS./5LBS. are recommended based on your ability.



<u>F1</u> <u>Fall Adult Golf School</u>

FEE: \$89/person. NO REFUNDS. No Discounts.

Golf lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 7^{th} . The days and times for the golf lessons are as follows:

Saturdays - 10:00 A.M. - 11:00 A.M.

Session 1: October 2 - October 30 (skip 10/09 Columbus Day)

Session 2: November 6 - November 27

Fall Children's Golf School

FEE: \$89/child. NO REFUNDS. No Discounts.

There are two, four-week golf sessions being offered for Trumbull children 6-16 years of age. Registration begins September 7^{th} . Days and times for the golf lessons are as follows:

Tuesdays - 4:00 P.M. - 5:00 P.M.

Session 1: August 31 – September 21 Session 2: September 28 – October 19

Fall Women's Golf School

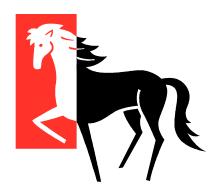
FEE: \$89/person. NO REFUNDS. No Discounts.

Golf Lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 7^{th} . The days and times for Golf Lessons are as follows:

Tuesdays - 10:00 A.M. - 11:00 A.M.

Session 1: August 31 – September 21 Session 2: September 28 - October 19

> Location: Golf Center of Connecticut 784 River Road Shelton, CT 06484 (203) 929-6500



Fox Ridge Farm 39 Aunt Park Lane - Newtown, CT 06470 (203) 270-8329 or Cell (203)209-5855

www.foxridgefarmct.com

F2 - INTRODUCTION TO HUNT SEAT HORSEBACK RIDING FOR BEGINNERS

Fee: \$160/Four ½hour lessons. No Refunds. No Discounts.

The days and times are as follows beginning September 1, 2009:

Juniors (5 – 9 years old)	Saturdays - 9/5	9:30 a.m.
Children (10 – 12 years old)	Saturdays - 9/5	3:00 p.m.
Teens (13 - 18 years old)	Tuesdays - 9/1	5:00 p.m.
Adults	Wednesdays - 9/2	6:30 p.m.

HILLCREST POOL PROGRAMS & SCHEDULES

Hillcrest Pool is located in Hillcrest Middle School on Daniels Farm Road. All children under the age of 12 must be accompanied and supervised by an adult 18 years or older. All adults entering the pool, must show proof of residency. Children 12 years and older must sign in with the ID checker. No floatation devices of any kind are allowed. All untrained children must wear swim diapers. No shoes of any kind are allowed on the pool deck.



Family Swim

Family Swim is offered for all Trumbull residents with proof of residency.

The days and times for Family Swim are as follows:

Thursday evenings – 7:00 p.m. – 8:15 p.m. beginning October 14^{th} . Saturday afternoons – 2:00 p.m. – 3:30 p.m. beginning October 16^{th} . Sunday afternoons – 1:30 p.m. – 3:30 p.m. beginning October 17^{th} .

Adult Swim

Adult Swim is offered to Trumbull residents 18 years and older with proof of residency.

The days and times for Adult Swim are as follows:

Monday mornings – 10:45 a.m. – 11:45 a.m. beginning September 20th Wednesday mornings – 10:45 a.m. – 11:45 a.m. beginning September 22nd Sunday afternoons – 12:00 noon - 1:30 p.m. beginning October 17th

Adult Early Bird

Adult Early Bird swim is offered for all Trumbull residents 18 years and older with proof of residency. Early bird swim is offered year-round Monday through Friday from 6:00 a.m. – 7:15 a.m.



Trumbull Kyokushin Organization

Trumbull Recreation Department 2010-2011 Karate Lessons Registration Form Make checks payable to the Trumbull Recreation Department

Kyokushin Karate

G1 - Karate

Instructor: Sempai John Sulik (2nd Degree)

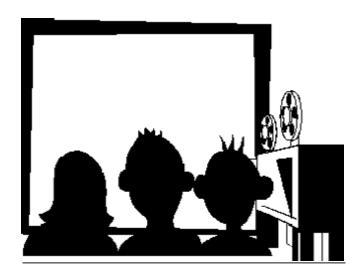
Classes:

Tuesdays and Thursdays:
6:00 – 7:00 All students/All belts 8 years - Adult
7:00 – 7:30 Advanced students 13 years – Adult
(Advanced students must be evaluated to attend)

Fee: ages 8-14:\$35 ages 15+:\$40 (8 weeks)

Class will take place at the Trumbull Teen Center, Indian Ledge Park, beginning August 31, 2010

"Kyokushin Karate, described as the 'World's Strongest Karate', is designed to instill confidence and discipline in students of all ages. If your goal is to get a great workout and train your mind and body, through karate, to handle whatever life throws at you, this is the way." --Sempai John



MOVIE TICKETS

Movie Tickets for all Bow Tie Theaters **\$8.00/each** (Cash or Check Only)

Proceeds to benefit the Teen Center. Tickets available in the Trumbull Recreation Department.

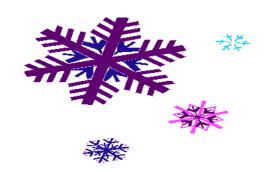


Rollerskating

Rollerskating is offered at Middlebrook School for Trumbull residents with proof of residency. The days and times for Rollerskating are as follows:

Monday, Wednesday and Friday 4:30 p.m. – 6:00 p.m., beginning October $18^{\rm th}$.

Please note: Rollerblades are **NOT** permitted at Rollerskating, however Rollerskates will be provided.



SKATE LESSONS AT "THE RINKS AT SHELTON"

784 River Road, Shelton, CT 06484 203-929-6500

<u>H1</u>

Tots on Ice - 60 minutes - Ages 3 - 6

FEE: \$155/7 week session. NO REFUNDS. No Discounts.

A parent or guardian must remain at the rink during each seven-week session. The Rinks require a helmet (prefer hockey helmet with facemask), kneepads, elbow pads and warm gloves. Days and times are as follows:

Tuesdays starting September 7th at 10:00 a.m. Wednesdays starting September 8th at 10:00 a.m. Saturday starting September 11th at 9:00 a.m.

Additional classes and rate increases to follow.

<u>Learn to Skate - 25 minutes Group Lessons/25 minutes Practice time - Ages 4 - Adult</u>

FEE: \$155/7 week session. NO REFUNDS. No Discounts.

Skaters are grouped according to age and ability and are taught in a fun and enjoyable atmosphere. Kids must wear helmets. Classes are as follows:

Wednesdays starting September 8th – 4:00 p.m. OR

Saturdays starting September 11th – 9:30 a.m.

Additional classes and rate increases to follow.

<u>Learn to Skate for Adults – 25 minutes Group Lessons/25 minutes</u> Practice time

FEE: \$155/7 week session. NO REFUNDS. No Discounts.

Fridays starting September 10^{th} – 10:00 a.m.

Additional classes and rate increases to follow.

<u>Tiny Tigers - Ages 2 - 4</u>

FEE: \$145/7 week session. NO REFUNDS. No Discounts.

Thursdays starting September 9th at 9:30 a.m. – 10:00 a.m.

Additional classes and rate increases to follow.

<u>Little Islanders Hockey - Ages 4-7</u>

FEE: \$145/7 week session. NO REFUNDS. No Discounts.

Students will learn the basics. Classes will be grouped by age/skill level. Hockey equipment required. Classes are as follows:

Thursdays starting September 9th – 10:00 a.m.

Additional classes and rate increases to follow.







SPECIAL NEEDS SPORTS PROGRAM

I1 - Fee: \$35. NO REFUNDS.

The Special Needs Sports Program is open to children ages 8-18 years old with special needs. It will take place at Tashua Elementary School Gym on Wednesdays from 6:30 – 8:30 p.m. The sports activities will alternate each week! The enrollment will be limited to 30 children.

Players will focus on having fun playing basketball, volleyball, kickball, dodgeball and crab (floor) soccer. They will learn basic skills in the various sports along with sportsmanship and teamwork to increase their self-esteem.

Register now at the Trumbull Recreation Department and the program will begin October 13th and run through mid-March.

*Parents must remain with children under the age of 12 or any children with severe disabilities.



12 - NEW!! SPECIAL NEEDS MARTIAL ARTS FOR CHILDREN

Fee: \$15 per child with parent Limit: 10 children/10 parents

Age: 7+

The program requires participation with a minimum of one parent who must attend the class and assist with their own children.

The Town of Trumbull Recreation Department is pleased to offer a new class designed for children ages seven and above with special needs. The program known as Shaolin Kempo Karate will be instructed by Steve Stollman (3rd Degree Black Belt) and Jeremy Stollman (2nd Degree Black Belt) who teach at most elementary schools in the Town of Trumbull as part of their after school enrichment programs and who previously worked with children with special needs. Each of the instructors offer over 22 years of Martial Arts experience and will instruct students in the Art of Shaolin Kempo Karate a Chinese Martial Art blending Chinese Karate with traditional Kung Fu. Shaolin Kempo is a self defense styled Martial Arts which will improve the student's confidence, concentration and balance and instills discipline in obtaining life goals. Students will learn blocking techniques, balance drills, coordination drills, escaping from basic grabs as well as various punching and kicking techniques. The program is taught to utilize positive motivation.

Where: Booth Hill Elementary School

When: Thursday's - 6:00 - 7:00 p.m. - BEGINNING October 14, 2010

8 weeks

SWIM LESSONS

Hillcrest pool is located in Hillcrest Middle School on Daniels Farm Road.

<u>J1 - Swim Lessons - Adult:</u> FEE: \$35/session. NO REFUNDS. Limit = 4 people

Adult swim lessons are offered on Wednesday mornings from 9:00 a.m. – 9:30 a.m. beginning September 22^{nd} . There are four six-week sessions. Registration begins September 7^{th} . For further information call the Recreation Department at 452-5060.

Session 1: September 22^{nd} , 29^{th} , October 6^{th} , 13^{th} , 20^{th} and 27^{th} Session 2: November 3^{rd} , 10^{th} , 17^{th} , December 1^{st} , 8^{th} and 15^{th} Session 3: January 5^{th} , 12^{th} , 19^{th} , 26^{th} , February 2^{nd} and 9^{th} Session 4: March 2^{nd} , 9^{th} , 16^{th} , 23^{rd} , 30^{th} and April 6^{th}

Special Needs Swim:

Special needs swim is offered on Saturdays from 1:00 p.m. - 2:00 p.m. beginning October 16^{th} . For further information call the Recreation Department at 452-5060.

<u>J2 - Swim Lessons - Children:</u> FEE: \$30. NO REFUNDS.



Limit: 12 people/level

Swim lessons are offered to all Trumbull children between the ages of 5 and 12 on Saturdays. There are four six-week sessions and they last for 35 minutes. Registration will begin on Tuesday, September 8th at the Recreation Department on a first come first serve basis.

Session 1: October 16^{th} , 23^{rd} , 30^{th} , November 6^{th} , 13^{th} , 20^{th} Session 2: December 4^{th} , 11^{th} , 18^{th} , January 8^{th} , 15^{th} , and 22^{nd} Session 3: January 29^{th} , February 5^{th} , 12^{th} , 19^{th} , 26^{th} and March 5^{th} Session 4: March 19^{th} , 26^{th} , April 2^{nd} , 9^{th} , 16^{th} and 23^{rd}

Birth Certificates are required for ages 5 and 6.

The times are as follows: 9:15 a.m., 10:00 a.m., 10:45 a.m., 11:30 a.m. and 12:15 p.m.

<u>J3 - Swim Lessons - Toddlers:</u> FEE: \$30. NO REFUNDS. Limit = 10 toddlers

Toddler swim is offered for parents and their children between the ages 2 $\frac{1}{2}$ and 4 $\frac{1}{2}$. A parent or guardian must accompany their child in the water. There are four six-week sessions that run on Monday mornings from 9:00 a.m. – 9:30 a.m. Registration will take place in the Recreation Department beginning September 7th . Birth Certificates required.

Session 1 begins September 20th Session 2 begins November 8th Session 3 begins January 3rd Session 4 begins March 7th





Teen Center

Fall/Winter Hours Begin Friday September 17th

Indian Ledge Barn

-Middle School 7th and 8th grade Friday Nights 7-10 PM

-High School Saturday Nights 7-10 PM

Things to do: Pool tables, ping-pong, air hockey, foosball, half-court basketball, arcade games, televisions with DVD Players, music and more. *Now Featuring XBOX 360 with Guitar Hero and other games*

Admission is \$1.00/person.

Any students interested in joining our Teen Activities Board, or volunteering contact Dan at 452-5003.







TENNIS LESSONS FOR ADULTS

K1 - FEE: \$70/session. NO REFUNDS.

Limit: 6 people/class.

PTR Certified Tennis Instructor Francesca Winfield from Marcy's Tennis Academy will be offering a six-week Tennis Lesson at the Tashua Knolls Tennis Courts.

Levels are as follows:

Beginner – Never played before or never had formal lessons.

Advanced Beginners – Player had an introduction i.e. formal lessons as Beginner/Advanced Beginner with instruction on grips, strokes and starting to make contact with ball on regular basis.

Low Intermediate/Intermediate USTA 3.0+ Recreation – Player keeps the ball in play consistently at slow pace and is learning singles and doubles strategy.

The days and times are as follows:

Wednesdays – beginning August 25, 2010

Beginners – 6:00 p.m. – 7:00 p.m. (never played)

Advanced Beginners – 7:00 p.m. – 8:00 p.m. (pre-requisite to include previous formal beginner classes or related experience)

Low Intermediate (3.0 player) – 8:00 p.m. – 9:00 p.m.

Saturdays – To be determined.



"Free Trial Class"
L1 - Training-"Outdoor Fitness Boot Camp"-An Exercise Program

FEE: See Below No Refunds.

No Discounts.

Limit: Unlimited

Where: Twin Brooks Park

When: Monday & Wednesday evenings 6:00 pm - 7:00 pm,

Wednesdays afternoons - 12:30 p.m. - 1:30 p.m.

Saturday 9:30 am - 10:30 am and/or Sunday 9:30 am - 10:30 am

We are now offering a Training –"Outdoor Boot Camp". The instructor Chris Terenzio is an ACE Certified Personal Trainer.

8 classes @\$15.00 for \$120.00	
4 classes/week @\$9.00 for \$216.00 for 6 weeks	
3 classes/week @12.00 for \$144.00 for 4 weeks	

The instructor Chris Terenzio is an ACE Certified Personal Trainer.

Take your fitness to the next level with this fun and challenging outdoor exercise program that is appropriate for all ability levels. This class combines cardiovascular fitness, strength training, agility, balance and coordination to create a complete and unique workout. If you enjoy fun, friendly competition and teamwork, this is the class for you and your friends! Participants are asked to bring a towel and a full bottle of water. Heart rate monitors are a plus.

Upon registration, participants are required to complete a health history form and exercise waiver. A doctors note may be required if certain medical conditions exist.

Please call Chris at 203-253-3179 or email: spinlordct@aol.com for more information.



VOLLEYBALL

M1 - Children's Co-ed Volleyball: FEE: \$30. NO REFUNDS.

Limit: 30 children.

The department will be offering a children's Co-ed volleyball league for boys and girls 10 years and older. For further information, call the department at 452-5060. Registration begins September 7th. Co-ed volleyball will meet every Tuesday at Christian Heritage School located at 575 White Plains Road, from 7 – 9 p.m. beginning October 12th and ending February, 2011.

Co-ed Adult Volleyball League:

The Co-ed Volleyball League is offered for Trumbull residents 16 years and older. For further information call the Recreation Department at 452-5060.

Drop-in Co-ed Volleyball:

Drop-in Co-ed Volleyball is being offered for Trumbull residents 18 years and older. Volleyball will meet at the Daniels Farm Gym on Wednesday evenings from $6:30\ p.m.-9:00\ p.m.$ beginning October 6^{th} .

Trumbull Recreation Department 2010 Yoga Class

N1 - FEE: \$70. No Refunds.

Limit: 10 – 12 people.

Charles Sikorski, Jr. a registered Yoga teacher certified by Yoga Spirit will offer an eight-week Session to Trumbull Residents 18 years and older at the Teen Center – 2^{nd} Floor at Indian Ledge Park.

The day and time will be as follows:

Wednesday evenings, starting September 29, 2010

7:00 p.m. - 8:00 p.m.

If interested please contact the Recreation Department at 452-5060.



O1 – Aqua Zumba. No Refunds. No Discounts. Space is limited.

Trumbull Recreation, Trumbull, CT will be hosting a Brand New AQUA ZUMBA Class led by Renay Minkin certified Aqua Zumba instructor in the Hillcrest Pool- 530 Daniels Farm Road.

AQUA ZUMBA means move fast and have fun in the water. **AQUA ZUMBA** uses Latin and International music modified and adapted to the aquatic environment without loosing the basic identity and flavor that makes a **ZUMBA** class so much fun on land. No swimming skills required.

Tuesdays - September 21st -November 9th 7:30-8:30 pm 8 classes \$60.00/person Bring water and water shoes to class.

Renay 203-522-2616 or Zumbarenay@gmail.com

Reminder to Trumbull Residents:

All Trumbull residents will be notified in the future of any changes regarding vehicle decals.

Please remember to remove your old decal from any vehicle you no longer own and return the decal to the Trumbull Recreation Department.

NOTE: CANCELLATIONS of all our programs will be announced on Radio Station WICC 600 AM / www.wicc600.com and by calling 452-5169.